



# OUTLOOK

NEWS FROM THE WORLD OF SECO

## BJCC ARENA



### INSIDE THIS ISSUE:

PROJECT FOCUS

2021-2022 HFOT FUNDRAISER

HB NEXT PARTNERSHIP



## BJCC Arena - AL

In 1976, the Coliseum in Birmingham, AL, opened its doors for the first time. Officially, the Coliseum was known as the BJCC Arena (Birmingham Jefferson Convention Complex). The facility has served Birmingham and the middle Alabama community very well. The old arena was host to countless college basketball games and tournaments, minor league hockey games, major tennis tournaments, and major concerts (including top acts like Elvis, Prince, Michael Jackson, and many others).

In 2014, Legacy Community Federal Credit Union, the philanthropic Birmingham based member-owned financial services group, gained the naming rights to the Coliseum and the facility came to be known as the Legacy Arena.

In 2018 an agreement between the City of Birmingham and the BJCC Authority along with the state and other corporate partners, was reached to move forward and fully fund a modernization and expansion project. It had become clear that the aging facility, now more than 40 years old, was in need of modernizing and upgrading. The ownership team knew that in order to attract large events, shows, and professional teams, a more modern, more spectator-friendly arena was a must. Birmingham regularly competes with Atlanta, Nashville, and other regional metropolitan areas for sports teams, sports events, shows, and conventions. A better arena was necessary to make the city more attractive and more competitive.

In early 2020, construction began on the new facility. Birmingham's own B.L.Harbert International Company, acting as the project's Construction Manager, set out to execute the renovation and expansion plan created by Populous, the world-renowned sports facility architect based out of Kansas City. In April of 2020, after many months of pre-construction activity, including budgeting, engineering, material selections, value engineering efforts, and schedule discussions, SECO was awarded the very large and complex wall panel scope of work. With the contract in-hand, SECO's Operations team was handed off the project by Sales Manager **J.J. Derman**. The Operations side of SECO was soon off and running!



**Project:** BJCC Arena

**Location:** Birmingham, AL

**Customer:** B. L. Harbert

**SECO Sales:** J.J. Derman

**SECO Contract Administrator:** Matthew Toon/Josh Mathis

**SECO Engineers:** SECO's Engineering Team

**SECO Foreman:** Dennie Neal

**SECO Field Q.C. Manager:** Travis Belew

**SECO Crew Members:** Duane Metcalf, Tony Osborne, Tom Siler

Initially, the Operations activities, submittals, drawings, and contract administration was overseen by **Matthew Toon**. Matthew directed all of this activity as well as commencing SECO's material procurement needs. The scope of work SECO was contracted to undertake was, as noted, quite complex and also quite large! The SECO team, as per usual, was more than up to the task, however! The architect designed a stunning new building enclosure that essentially "covered up" the older, antiquated building exterior. Soaring new curtainwalls were added, new entrances were created, pedestrian-friendly gathering areas were added, and the exterior walls were completely re-invented. The result? The city of Birmingham's skyline now includes a shiny new, state-of-the-art arena that looks beautiful, fresh and inviting, three things that the old arena was lacking!

SECO was entrusted with several of the important wall systems the architect selected for the project enclosure. Included in the new design was about 10,000 SF of Centria's vertical Formawall Dimension Series insulated panels as well as about 5000 SF of horizontal Dimension Series panels. SECO's scope also included two European high-pressure laminate (HPL) products used as rainscreen systems.



(continued on page 3)





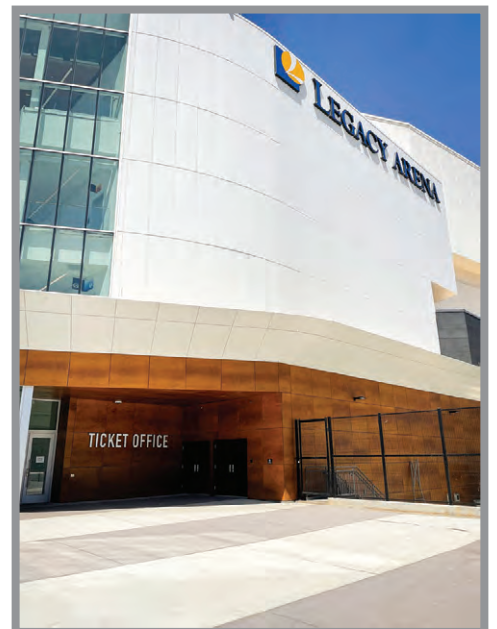
There is about 12,500 SF of Trespa HPL with an Italian Slate color/finish and also about 7,000 SF of Prodema's wood veneer Rustik panels. Rounding out the panel systems was a very unique bullnose low fascia above the main level exterior concourse. This involved about 5000 SF of Accu-Trac, SECO's own aluminum composite panel system radiused in two directions!

SECO's field installation efforts were handled primarily by **Dennie Neal** and his fine crew of **Duane Metcalf**, **Tony Osborne** and **Tom Siler**. These guys, under Dennie's supervision, installed all of these systems like the pros they are as our customers have learned to expect from SECO's team! The project was certainly no piece-of-cake undertaking! Our team met and overcame all of the challenges that arose during the work.

Once SECO was well under way, **Josh Mathis** took over the project management reins. Like Matthew, Josh worked closely with the project team from Harbert led by **John Sandoval**, their Project Manager. SECO caught up with John recently, and he had some wonderful things to say about Josh and SECO's people. John stated, *"Throughout the project, Josh was quick to respond and easy to communicate with. He was always a team player willing to come up with creative solutions to help maintain the project schedule. Josh also excelled at material procurement, working to ensure that the SECO crews were not idle, waiting on materials."*

Speaking about SECO's field team, John added, *"Dennie and his install team were a joy to work with because of their willingness to work with and around other trades. Dennie and his guys worked well with our superintendents on-site to keep his scope of work moving while allowing space for other trades to accomplish their work in tight quarters. Dennie, like Josh, was quick to respond and also quick to resolve issues that would arise."* It's very heartening to hear these glowing words about our people!

Each project we are fortunate to be awarded at SECO starts out with the same goals and expectations. We always set out to meet or exceed all contractual obligations. Beyond that, however, we set out to be a true team partner with the objective of providing our customers and the owners with the highest quality installation possible. We believe if we conduct ourselves this way, all other matters will take care of themselves, and we'll be in a good position to receive future awards from the customer!





## Building Features vs. Building Cladding

Generally, SECO is thought of as a “wall panel” or “wall system” contractor. It’s true that SECO has grown into and remains, one of the Southeast’s most reputable and capable wall systems fabricators and contractors. However, you might be interested to know that much of the contracted work SECO takes on is not related to wall panels or wall systems. A current trend has architects utilizing traditional wall cladding materials to clad building features and expressions that aren’t really “walls” as we typically think of them.

Eyebrows, sunshades, projected canopies, fins, column covers, bump-outs, pop-ups, crowns, soffits, pedestals, and planters are all examples of work scopes that we clad with our various panel systems. These kinds of “features” are present in a high percentage of our projects. That percentage isn’t 100%, but it’s a safe bet to say that three out of four projects SECO is awarded have at least some components of the work scope associated with non-wall applications. Although these building features and non-wall expressions are not “true” wall systems, they still must perform at the same high levels as wall systems do.

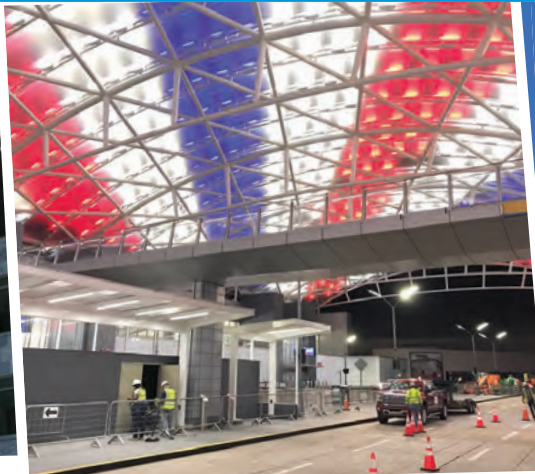
This means that things like water control, color retention, structural integrity, fastening methods, engineering assessments, and precise detailing are just as important for these architectural features as they are for actual wall systems. Very often, the material the architect selects for the feature cladding is the same as, or complementary to, the material selected for the wall system. Therefore, these features are clad with things like insulated metal panels, concealed fastener panels, metal composite panels, terra cotta panels, high-pressure laminate systems, and even wood veneers (both faux and genuine).

There is no question that more and more designers are calling for ever larger and more complex building features as part of their overall building designs. This is a growing trend and one that we at SECO, quite selfishly, hope will continue to grow and that designers keep stretching building envelope design to higher levels!

See the photos associated with this article to see some examples of non-wall features like the ones referenced above on some recent SECO projects.



Emory HRSB



Atlanta Airport Pedestrian Bridges



BJCC Radiused Curved Canopy



Neyland Stadium



Southern First Bank



Macon State



## Meet Josh Mathis

We'd like to introduce our readers to an important member of our Operations team, Josh Mathis. Josh has been with SECO for a couple of years, and we are so pleased to have him on "Team SECO"!

Josh came to us from the glass world. He was working for a glass contractor in Colorado when his wife Megan (a hospital administrator) received an offer to take on the Laboratory Manager role at Northside Hospital in Gwinnett County. She has since moved over to Piedmont Eastside in the same role. When Megan and Josh made the move to Georgia, he crossed our radar as an experienced wall-oriented project manager. After meeting Josh, we knew we had a guy that definitely would be a fit in the SECO family!

Josh is originally from Dover, Tennessee, near Clarksville, where he grew up and went to school. Born on a farm, Josh learned early that hard work was a part of life. Having siblings and being the youngest, Josh also learned the value of being part of a loving family. As a boy, Josh worked on the farm, of course, but he also found time to help his father build houses and enjoyed playing both baseball and basketball. It probably goes without saying, but Josh became a huge fan of the University of Tennessee sports teams and still follows the exploits of the team that wear the Rocky Top orange! It was so appropriate then that Josh would be our Contract Administrator (project manager) on the just completed Neyland Stadium renovation project with The Christman Company.

Growing up, Josh dreamed of one day becoming a helicopter pilot, a fireman, or when he got a little older, a recovery diver! Josh sees himself as an outdoors kind of person who enjoys boating, fishing, and employing his carpentry and welding skills. He enjoys traveling and has been all over the USA. He proudly states that he's been to 46 states, and he's working on the remaining four!

Josh and Megan were married out in Colorado Springs in 2018. The highlight of their life together, without question,

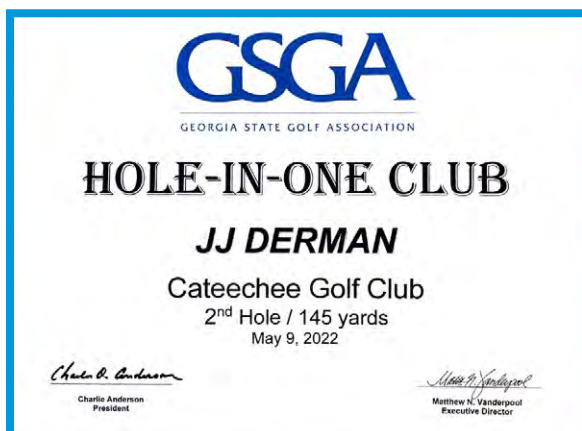


Josh, Megan, and Alvean

was the addition to the family of their daughter, Alvean Elaine in September of 2021. Josh and Megan made Alvean's adoption official on the day she was born and were able to bring her home just a couple of days later. Josh and Megan love watching Alvean experience all kinds of "firsts," such as becoming mobile and tasting everything within reach! The other children in the Mathis house are eight and five years old and go by "Nash" and Knox," respectively. Nash is a Czech Shepherd, and Knox is a Pointer mix. (It is not known if they share a middle name of "Ville." 😊)

When he has a chance to relax at home, Josh says he's a mean griller and smoker when it comes to backyard culinary art. His faves are pulled pork BBQ and good old-fashioned ribs. Josh and Megan are all about family. Accordingly, Josh is proud to be an integral part of the SECO family. His teammates are likewise proud to have him on board. Josh represents the company in a first-class manner, and our customers appreciate his experience and professionalism!

## Congratulations to JJ Derman!



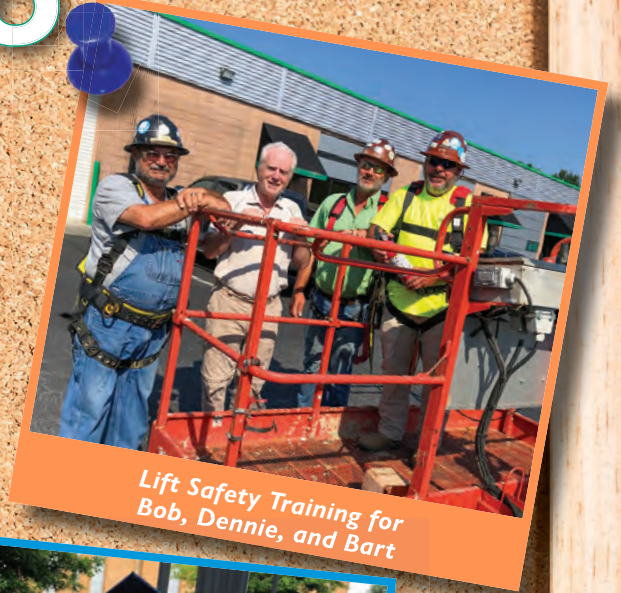
JJ and family



# SECO



Bob, Brian, and Jason



Lift Safety Training for Bob, Dennie, and Bart



Larry and Chris



David Cake's daughter, Skyler, and his wife Connie at high school graduation.



Tim, Mitch, Donnie, and Bart



L to R: Paul, Tuan, Mel, Josh & Alvean, Bob, Annette and Dianna



# FACES



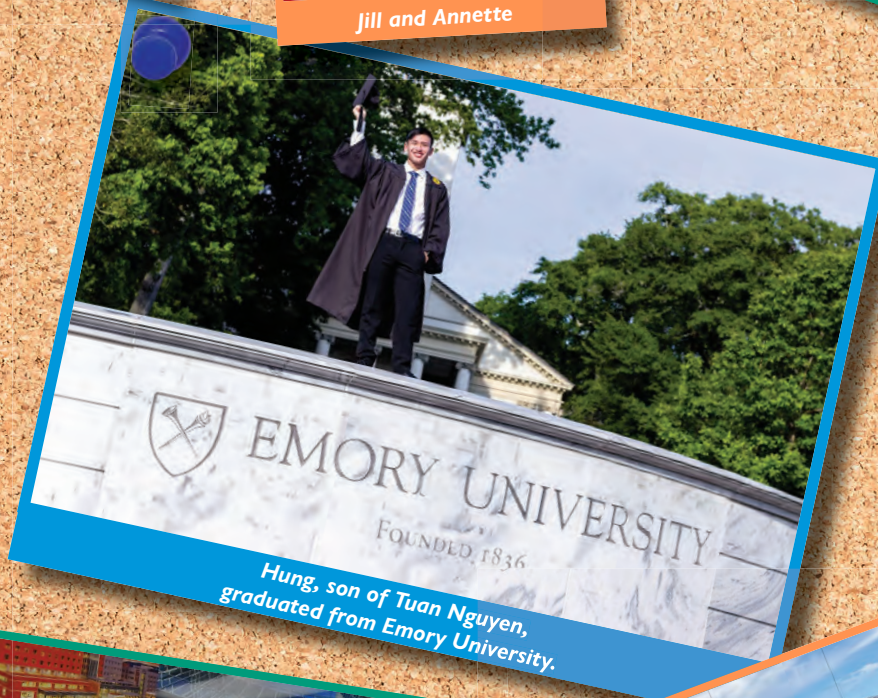
Grant, son of Brian Dellinger



Jill and Annette



L to R: Ryan, Hermas, Kelly, Brian, Sam, Pat, Carlos, and Cory



Hung, son of Tuan Nguyen, graduated from Emory University.



Our Engineering Team  
L to R: Tuan, Matthew, Paul, and Cecil



Pro Strick: Adam, Brett, Cody, and Steve



## SECO Partners with Premier Safety & Professional Services Provider

There was a time in our industry when commitments to workplace safety within a company were the responsibility of a select few. Today, workplace safety is a collective responsibility, from the top of the organizational chart down to the newest members of a team.

Business leaders in construction commonly wear multiple 'hats', with the management of employee and job site safety often being one of them. As a general practice, safety is ingrained in the culture of many companies regardless of the type of work they perform, or the services they provide in their respective industries. A business desires to see employees arrive to work safely, perform their duties, and return home safely to their families is not unique to construction. But is that desire alone enough to keep our employees safe day-to-day?

Most reading this already know that workplace safety is not achieved solely through written policy and good intentions. In construction, our best laid plans, no matter how well prepared or designed they may be, can easily be compromised in the face of unanticipated or unexpected events. At SECO, our focus and commitment to safety has only grown since our establishment in 1989. Further demonstrating this commitment, in June of this year, we partnered with one of the premier safety and professional service firms in the southeast United States, HB NEXT. Our partnership with HB NEXT was formed to ensure that as we move towards the future, we maintain our ongoing reputation for excellence, and as the southeast's largest and most capable wall panel contractor, we are excited to have them as part of our team.

Headquartered just north of Atlanta in Lawrenceville, Georgia since 1999, HB NEXT has provided an extensive array of tech-enabled safety and environmental compliance services to construction companies, manufacturing, public / private utilities, and numerous other industries. HB NEXT provides nationwide services through five main business units: Safety & Training, Environmental, Utility Services, Next-Gen Technology Solutions, and Legal Services. Through integrated services within these main business units, HB NEXT helps client companies, their employees, contractors, and subcontractors focus on safety and maintain regulatory compliance in complicated and evolving workplaces. This is accomplished by providing comprehensive consulting services, on-site safety and environmental inspections, in-person and virtual training, and various cloud-based software solutions.

Upon learning more about the company and meeting Tony Cann, Vice President of Safety and Training, we recognized the value that HB NEXT could immediately offer SECO and soon thereafter subscribed to their flagship Compliance Partner Program. The HB NEXT Compliance Partner Program is rather unique, featuring a comprehensive suite of highly sought professional services and resources not commonly offered by many of the typical specialized consultants who work in this industry.

As a national leader in providing industry-specific cloud-based software solutions, HB NEXT's mission is to ensure that customers have immediate and complete control of field level data. HB NEXT's proprietary SafetyCloud software helps their clients eliminate human error, increase accountability, improve compliance, foster safety, and increase their bottom lines.

So, what does this mean for SECO?

### Instant access to decades of industry expertise

HB NEXT's team of industry professionals are available to SECO when needed, not just by scheduled appointment or consultation. Safety professionals have extensive field experience, with many having held senior-level positions in mid-to-large sized construction companies. Certified Safety Professionals and Construction Health and Safety Technicians are also on staff at HB NEXT to support the SECO team. This in turn benefits SECO's client base, as SECO employees can perform their work with greater confidence, knowing they have a ready support system in HB NEXT.

### Access to a wide variety of safety, training, & technology solutions

HB NEXT's safety and training professionals can support SECO with earning, documenting, and maintaining several industry-recognized credentials and certifications. Accredited by the National Center for Construction Education and Research, in addition to a library of over 100 training classes, HB NEXT also offers workforce development and craft training solutions suitable to a variety of needs and company sizes. Technology solutions include credential management, inspection reporting, virtual training classes, remote testing, and more.

### We get to continue doing what we do best

Emphasis on workplace safety and compliance is critical for companies to operate successfully both in the near-term and long-term. As business growth often fuels increases in safety awareness and attention to risk management, having a safety and compliance expert on the SECO team ensures that our existing safety culture remains strong. This enables us to maintain focus on delivering top-notch materials and service for our clients while protecting our most valuable assets, our employees.

To learn more about HB NEXT, you can visit them on the web at: [www.hbnnext.com](http://www.hbnnext.com).

### Customer Observation:

"SECO craftsmen were working from an articulating lift. They were both wearing harnesses, tied off, hard hats, safety glasses, high viz shirts, work area blocked with cones and bonz, gloves on, gate on lift cage closed. Thank you!"

— Matthew Miller (Messer Construction)

Pictured: Deno, Mitch, Sam, Tim, Corey, and Brian





## Homes For Our Troops (HFOT) Fundraiser

We are proud to share with you that we recently wrapped up our first ever company-wide nonprofit fundraising campaign. Just a little over a year ago, we asked our collective staff to nominate a nonprofit to be the beneficiaries of our maiden campaign. Several excellent nonprofits were put forth for consideration, and all were more than worthy. After extensive consideration, we eventually selected the very fine Homes For Our Troops (HFOT) organization as our nonprofit of choice for our first endeavor. Although choosing a nonprofit was not an easy decision to make, embracing HFOT and enthusiastically supporting them was very easy to do!

HFOT's mission is to build and donate specially adapted custom homes nationwide for severely injured post-9/11 Veterans, to enable them to rebuild their lives. These homes are built in communities of the recipient's choosing! These new custom, specially adapted homes enable the injured Veterans to rebuild their lives and help restore some of the freedom and independence that the Veterans sacrificed on behalf of all freedom-loving Americans. Without the burden of a mortgage and housing costs, the Veterans are better able to focus on their families, their own recovery, and the rebuilding of their lives! It's also worth noting that HFOT is one of the highest-rated non profit organizations and they work very efficiently. In fact, 90% of their funding goes directly to Veteran program services!

**Annette Miller**, who handles SECO's purchasing position, not only nominated HFOT in the selection process, but she also volunteered to be the overall chairperson of our campaign! Annette jumped right in, rolled up her sleeves, and really drove the company's fundraising efforts. Annette was helped out a great deal by other SECO staff members, including **Dianna Mitchell, Jill Green, Bob Brake, Chris Lockhart, and J.J. Derman**. SECO's entire team, led by these fine folks, helped make the campaign successful.

The major fundraising events during the year in which many of you kind SECO associates participated were as follows:

- Change collection jars at our various office locations
- SECO's Rifle Raffle
- Vendor/Supplier Appreciation Luncheon
- SECO's Parking Lot "Yard Sale"
- Clay Shoot at Garland Mountain in Waleska, GA
- Golf Outing at Cateechee Golf Club in Hartwell, GA
- Online Gifting



When we first undertook this campaign, we didn't know what to expect. Our initial goal as to what we might raise was an inexperienced guess and nothing more. The original goal was \$10K. We quickly eclipsed that number, so we raised the goal to \$18K. Not long after that, we bumped the goal to \$30K as we had surpassed our \$18k goal! However, after our clay shoot event in January, we knew the \$30K goal was going to be surpassed as well, so the goal was elevated to \$45K. When all was said and done after the final event, the Cateechee golf outing, we closed out at a net of \$47,000 raised!

These monies were happily and proudly turned over to the great HFOT folks who have put it to great use, helping our Veterans live better lives! The HFOT fundraising campaign was a big success! We are proud of everyone who helped make it all happen. On behalf of the Veterans, the HFOT Organization, and the SECO staff, we thank all who contributed to this great cause and for your support of all of these wonderful people!

**We want to show our appreciation to our proud sponsors and participants. (below) Many thanks to all of you!**









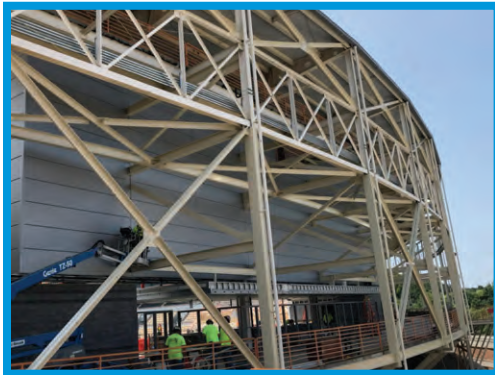


## AROUND THE TERRITORY

**A**s we take a look around the SECO territory as Winter '22 gets underway, our SECO Contracting guys are busy “getting it on the wall” at some very important projects and assuring the expectations of our customers are being met!



### ORANGE YA' GLAD? – NEYLAND STADIUM RENOVATION AT U.T.



Our friends, The Christman Company in Knoxville, recently awarded SECO a very interesting project at the home of the Big Orange “T” football team, Neyland Stadium.

The scope of work includes cladding a huge new video scoreboard on the full non-screen side, the sides, the top, and the underside too. The back and sides amount to about 5,000 SF of Centria’s horizontal Versawall panels, while the top underside are clad with perforated ribbed panels. SECO’s own ProFab fabricated the panels from painted flatstock provided by Alfrex. Erdle Perforating out of NC provided the perforation services.

Our scope of work also includes about 1,000 SF of custom aluminum composite panels fabricated by ProFab made from MCM produced by Alfrex. The MCM panels are down inside the “bowl” and serve as facing material for a seating bulkhead (The panels are much prettier than concrete!). Our field efforts were being directed primarily by **Mitchell Terry** along with **Dennie Neal** and **Chris Bramlett**. Supplying the

horsepower to our field operation were **Bart King**, **Tim Fain**, **Donnie Lowery**, **Tom Siler**, **Tony Osborne**, and **Duane Metcalf**.

SECO’s contract administration duties were being carried out in his very professional way by **Josh Mathis**. Josh mentions that the Christman team is very professional and easy to work with. **Jeff Jinks** is the Senior Project Manager, while **Skyler Baker** handled the site project management for our scope. **Dewane Akins**, **Bill Crowell** and **Randy Vicars** very capably handled the superintendent duties for the Christman team.

Mr. Baker says of the SECO team, “*On the Neyland Stadium project, SECO was a great partner from the beginning through to the end. Several cost-saving options were offered in the pre-con phase and their coordination with other trades made for a smooth installation. SECO provided a wide range of materials and left behind a final product that our client is very pleased with!*”

### WE CAME, WE SHAW, WE CONQUERED! – MQ9 PROJECT AT SHAW AFB

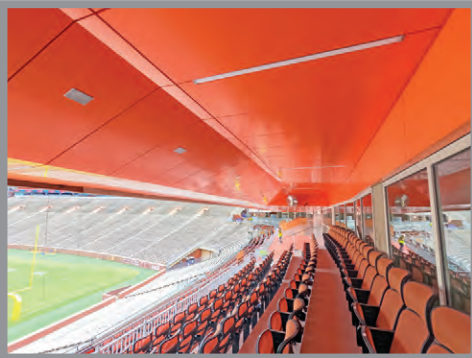
Foremen **Deno Brown** and **Bob Henry** led a group of talented SECO installers on a very sophisticated military facility at Shaw AFB in eastern South Carolina. The facility is actually two buildings, a Headquarters Building, and an Operations Building. SECO's team members who proudly wore the SECO green on this project include **Mac Brown, Brian Burgess, Ryan Carter, Kelly Compton, Carlos Hernandez, Patrick Isaac, Cory Norton, and Hermas Ramos.**

The project's exterior has a large quantity of both profiled and insulated panels, both produced by Centria. The project looks great and is a great new addition to the Shaw site! Due to the sensitive nature of the project, we can't take or display any photos, but take our word for it, the project looks great! There is approximately 17,000 SF of Centria's insulated panels on the buildings used as wall panels, features, and soffit panels. There is about 5,000 SF of the Cascade profiled panel series also from Centria included in the work scope.

For SECO, **Bobby Stanfill** has very capably handled SECO's project coordination functions while **Cecil Landress** produced his customary excellent shop drawings!

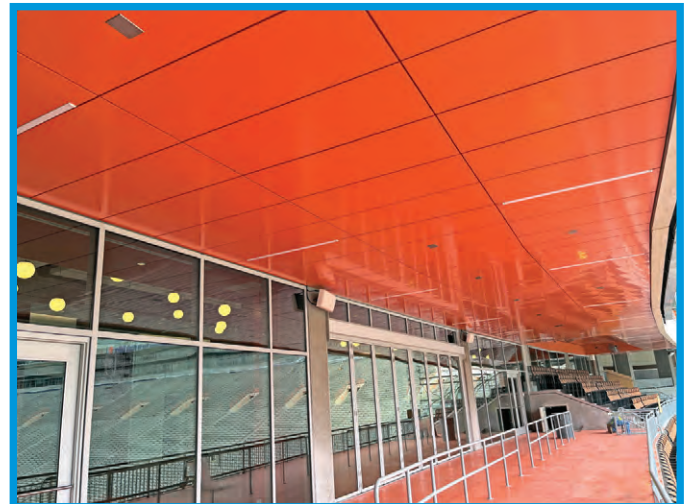
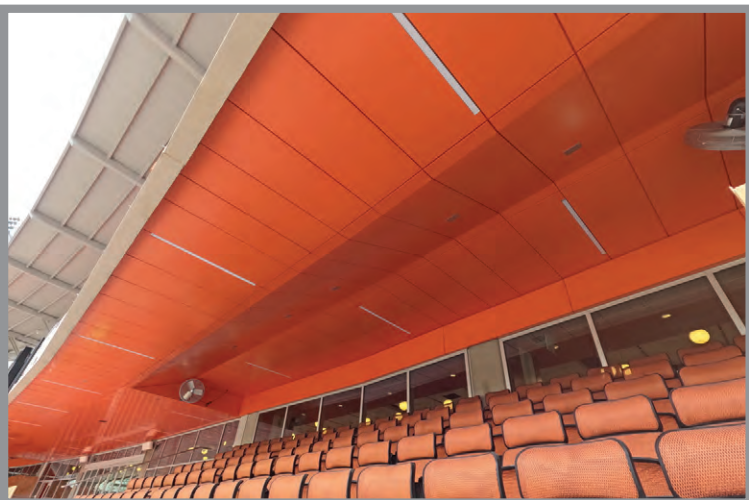
### PAWS IN THE ACTION – CLEMSON MEMORIAL STADIUM

Earlier this spring, Thompson-Turner Construction Company awarded SECO a very interesting and challenging scope of work for the latest renovation of Clemson's historic Memorial Stadium on the Clemson campus. SECO's scope included about 9,000 SF of custom color (much of it orange!) Accu-Trac aluminum composite panels. The aluminum composite material was manufactured in Buford, GA, by our friends from Alfrex. The panels were fabricated by our own ProFab folks from Wellford, SC, not too far from the project site. The panels are located at various locations inside the stadium as the renovation project is quite extensive. The most prominent feature of the project is the new orange composite panel ceiling above the box seating area on the west side of the stadium. (See the photos to see this bright, new addition to the stadium.)



Clemson Stadium is also getting a huge new videoboard as part of the renovation project. The large columns that support the new board are also clad with composite panels. SECO's engineering group carried out the necessary drawing, scanning, and detailing requirements of this great project. **Matthew Toon** and his team of **Paul Bott** and **Tuan Nguyen**, did a fantastic job of taking a complex project and making the difficult look easy!

SECO's work in the field was being handled by close associate **Tony Strickland** and his Pro Strick crew led by **Steve Ayers**. The Thompson-Turner project management duties were being carried out by **Mr. Sharp Turner**. Sharp and the Thompson-Turner folks are very happy they awarded this complex and challenging project to SECO. We took it on, handled it efficiently, and got it across the goal line. Good work team SECO!





## Upcoming SECO Contracting Projects

### PROJECT

Pine Ridge Elementary

GTC Life Science

Northside Gwinnett MOB

Greenville Co Square Parking Deck

Spartanburg D5 Middle School

TTU Engineering Bldg

Duncan, SC

Greenville, SC

Lawrenceville, GA

Greenville, SC

Greer, SC

Cookeville, TN

### CUSTOMER

Thompson Turner

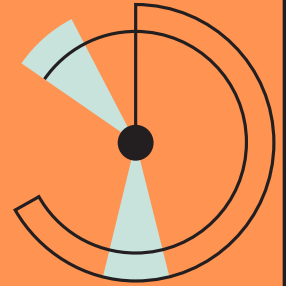
Harper General Contractors

Batson Cook

Harper General Contractors

Harper General Contractors

Denark



## SECO's Team Members Anniversaries

### 0 to 5 Years

Chris Bramlett  
Brian Burgess  
Robert Luciano  
Michael Miller  
Michael Reel  
Ger Xiong  
Ryan Carter  
Kelly Compton  
Luke Lynam  
Kong Xiong  
Jon Farmer

David Solis  
Jeff Thongpane  
Erik Estrada  
Patrick Isaac  
Andrew Libby  
Josh Mathis  
Samuel Brown  
Hermas De Leon Ramos  
Carlos Hernandez  
David Cake  
Tuan Nguyen  
Chris Ward

Michael Henderson  
Paul Bott  
Brian Dellinger  
Annette Miller  
Kelton Nesbitt  
Bob Brake  
Jill Green  
Cory Norton  
Justin Spires  
Matthew Toon

### 6 to 10 Years

Timothy Lemmons  
Donnie Lowery  
David Brown  
JJ Derman  
Eddie Kinton  
Bob Murphy  
Deno Brown  
Dennie Neal

### 11 to 15 Years

Tim Fain  
Bob Henry  
Doug McIntyre  
Tony Wilson  
Larry Roach  
Chris Stephens

Duane Metcalf  
Sam Mooney  
Ed Phillips  
Tommy Siler

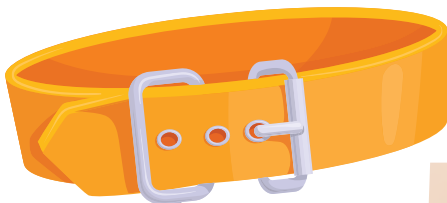
### 16 to 25 Years

Dianna Mitchell  
Bobby Stanfill  
Travis Belew  
Jason Cooke  
Joe Creighton  
Mitchell Terry

### 26 to 30+ Years

Bart King  
Paul Osborne  
Cecil Landress

SECO appreciates all of our hard-working employees.



## SECO DOGGY DAYS



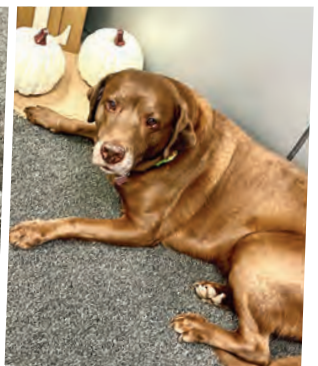
Sadie (Bob's)



Peanut (Dianna's)



Seven (Jill's)



Maddie (Joe's)



# THE LIGHTER SIDE

## Fore...man!

It turns out golf and wall panel work have some similarities! Read on to see what we mean as our crew headed out for a typical day's work.

The day started out with a **"long drive"** since the project was in the next state! Along the way, a fellow motorist, obviously in a hurry, cut the guys off just before flashing the guys a **"birdie"**. Upon arriving at the jobsite, the men received a **"bad lie"** when told there was no site parking, later discovering that there was plenty of parking area!

Soon they were dealing with their **"short game"** when they found the 10-foot panels they needed were 6" too short. Not long after this discovery, our crew found themselves **"in the rough"** when the manlift got temporarily stuck in the mud!

Later, at lunchtime the crew received some refreshment at the iced **"tea box"** that the Contractor had supplied. The guys joked about being ready for their **"tea time."** After lunch, both our crew and the glass contractor had intended to use the crane onsite for some hoisting but needed it at the same time. The project super ended up resolving the conflict in a **"fairway"**.

During the day, a new recruit tried to get hired but he was turned away. His name was **"Mulligan"** and the foreman told him that they don't take **"Mulligans"**. At the end of the day when it was time to go home, the team picked a **"driver"**, named **"Wood"**, of course, and advised him to get a **"grip"**, and that he was not getting the **"shaft"**.

Upon arriving back home, their **"sweet spot"**, the guys looked back on the opportunity to earn some **"green"** that day and looked forward to the next day when they would chart their **"course"** back to the job and try to get **"up and down"** once again!



- Did you hear about the journeyman who was so happy to receive his safety badge that he broke into the Safety Dance?
- Why was the new hire always so thirsty?  
He thought his safety glasses were for drinking.
- How about the guy who worked all day but thought they were just practicing since he spent the day drilling.
- Why was the foreman known to the GC's super as "Multi-Story"?  
He always had a million excuses!
- Why was there a 12-foot high by 30' wide chunk of concrete sitting on the top deck of the building?  
The pool contractor had the plans upside down!
- Why was it so important for the wall crew to always wear earplugs?  
They did a lot of work with boom trucks & boom lifts.
- Why did the architect reject aluminum panels for the new theatre?  
He wanted to "steel" the show.
- Why are profiled panels referred to as "skinny panels"?  
Their ribs are plainly visible. ☺

Construction equipment suppliers have learned that the fancier the name on the product, the higher it can be priced! So, if the products below were simply re-named, they'd cost more! There is big money in acronyms!

- Vision Preservation Barriers, (VPB) instead of safety glasses.
- Digital Encapsulators (DE) instead of work gloves.
- Worque Boots instead of work boots.
- Thermal Loss Inhibitors, (TLI) instead of Long Johns.
- Portable Contemplation Units, (PCU) instead of Porta-Johns.
- Vertical Levitation Device, (VLD) instead of manlifts.
- Material Translocator, (MT) instead of forklift.
- Variable Elevation Access Surface, (VEAS) instead of swingstage.
- Insulated Current Delivery Systems (ICDS) instead of extension cord.
- Orbital Metal Separation Device (OMSD) instead of a saw blade.
- Friction Based Mechanical Bonders (FBMB) instead of screws.
- Rotational Metal Extractor (RME) instead of a drill bit.
- Semi-Liquid Moisture Controller (SLMC) instead of caulk.
- Vivid Chromatic Body Highlighter (VCBH) instead of a Safety Vest.



## Making Healthy Choices during the Holidays

During the holidays we all tend to let go and overindulge. There is nothing wrong with doing so on special occasions. Below are some healthy choices and alternatives you can make to help you stay on track and still enjoy a healthier, happier lifestyle during the holiday season.

- Eat early – don't skip breakfast, if you do you could spend the rest of the day overeating
- Mindful eating – take time and pay attention to the aromas, textures, and tastes of your food
- Don't restrict yourself from your favorites, but enjoy them in smaller portions
- Stay hydrated – drink plenty of water and limit your intake of high-calorie drinks like eggnog or alcoholic beverages
- Choose healthy substitutes – Greek yogurt for cream cheese, sweet potatoes for mashed potatoes, load up on roasted veggies
- Reinvent your holiday workout – take laps indoors around the mall, park far away from the door when shopping, take shorter walks 2x a day instead of a longer walk once a day
- Make time for self-care – don't forget to make time for yourself when taking care of others
- Plan ahead if traveling – take along healthy snacks like trail mix, whole-grain crackers, peanut butter, or fruit
- Desserts – try them all; but just take smaller bites and avoid large servings.
- Give to others – give to a local food bank, volunteer at a local shelter, prepare meals for shut-ins.

Don't forget that  
the holidays are about spending time  
with family and friends we love.  
Enjoy these times!





**SOUTHERN FIRST BANK  
GREENVILLE, SC**



**GSU CONVOCATION CENTER  
ATLANTA, GA**



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